



Family Readiness Program Newsletter

"Keeping In Touch"

132d Fighter Wing / Iowa Air National Guard

March 2010 Issue



Yellow Ribbon Reintegration Workshop **6 March 2010**

We will conduct a post deployment Yellow Ribbon Reintegration Workshop for 132d FW Airmen and their Families on Saturday 6 March at the Holiday Inn Airport located at 6111 Fleur Drive, Des Moines, IA 50321. This program will provide information and resources on the benefits you have earned and other great programs available to both military and family members. **Attendance for military members deployed 90 days or more is mandatory. Airmen deployed 89 days or less can attend voluntarily, and Family members (i.e. spouse, significant other, parents) are highly encouraged to attend.** The attire for this event is casual for all attendees.

The program will begin at 8:00 a.m. and end at approximately 3:30 p.m. Registration will open at 7:15 a.m. on Saturday, 6 March. Light refreshments will be provided throughout the day. Lunch will be on your own.

For those Airmen who deploy 90 days or more, lodging will be provided at the Holiday Inn Airport for Friday 5 March. Lodging arrangements will be made by the Family Readiness Office. Two family members (spouse, parents, and/or significant others) may be placed on Invitational Travel Orders (ITOs) to be eligible for mileage and per diem reimbursement. Attendees must live at least 75 miles one way from Des Moines to be eligible for reimbursement. Family members who don't qualify to be put on orders are still encouraged to attend, but they will not be reimbursed for any expenses incurred.

Reunion and reintegration programs and activities will be provided for children grades K-12 during the adult sessions. Child care will not be provided for children younger than school

age and children should not attend the adult briefing sessions.

To register for the event, please go to www.jointsupportservices.org and click on "Events." You can filter by state or date or locate the event in calendar view for March 6. Click on the event title and fill out the registration request form. The registration deadline is 1 March.

For questions on this Yellow Ribbon Workshop, please contact Rebecca Schrader at 515-727-3208 or email her at Rebecca.schrader@us.army.mil.

NEXT MEETING

Sunday, March 7th at 1:30pm in the Computer Classroom Bldg 107. Childcare is provided. All are welcome to attend.

Upcoming Strong Bonds Workshops

Prevention & Relationship Enhancement Program

This workshop and materials teach couples the skills they need to nurture a lasting relationship. PREP begins by teaching effective communication skills, addresses problem resolution strategies, and reveals how to discover the hidden issues in every relationship.

May 15-16, 2010- Davenport, IA
August 14-15, 2010- Iowa City, IA

Laugh Your Way to a Better Marriage

Developed by Pastor Mark Gungor, this program takes a very humorous look at the difference between men and women and will have you rolling in the aisles with laughter. Laugh Your Way's Flag Page will help couples see how they are made and embrace those differences or similarities in their mates.

March 20-21, 2010- Sioux City, IA

July 17-18, 2010- Des Moines, IA

7 Habits of Highly Effective Military Families

This program uses military family examples to help military families endure the difficult OPTEMPO the Iowa Guard has seen in recent years.

This is one of the best programs available to help military families learn how to stay focused, stay positive and set goals for themselves and their families.

July 24-25, 2010- Boone YMCA Camp

For more information or to register, contact Amanda Wicker at 515-256-8786 or by email at Amanda.wicker@ang.af.mil.

Podcast Series Addresses Post-deployment Challenges

1/11/2010 - **WASHINGTON (AFNS)** --

Servicemembers and their families can get help coping with post-deployment stress through a new series of podcasts profiling the personal stories of those who have lived it.

"Combat brings individuals face-to-face with the harshest demands imaginable. In fact, it's impossible to be unaffected by these experiences. Stress reactions, family and relationship difficulties, and work conflicts can affect an individual's emotional well being."

These words set the stage for the premiere episode of "There and Back," an audio podcast series created by Web managers for afterdeployment.org, a Defense Department Web site developed by experts at the National

Center for Telehealth and Technology and the [Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury](http://DefenseCentersofExcellenceforPsychologicalHealthandTraumaticBrainInjury).

The podcast series is directed to the entire military community to help manage some of the challenges faced by servicemembers and their families following a deployment, defense officials said.

"Learning About Depression," the initial ten minute podcast in the "There and Back" series is a tapestry woven of education, encouragement and emotional intimacy.

Dr. Jenifer Alford, a clinical psychologist and afterdeployment.org's functional director, guides listeners through the world of depression.

"Depression can happen to just about anyone, given the right set of circumstances," Doctor Alford says. "Taking no action, or believing that time will heal the depression, could result in the depression getting worse or lasting longer."

The podcast is punctuated by servicemembers and their families telling their personal stories, allowing listeners to know that they are not alone in their struggles.

Listen to "[There and Back: Learning about Depression](http://ThereandBack.org)," or visit the Podcasts section of the DCoE Web site.

To receive future episodes of "There and Back," subscribe free at iTunes.com. Upcoming episodes will discuss post-traumatic stress, anger management, sleep problems, and relationship issues.

(Courtesy of American Forces Press Service)

Lowe's Expands Support of the Military with Year-Round Discount

10 Percent Discount for Active, Reserve, Retired and Disabled Military Personnel and Immediate Family Members

February 10, 2010 09:41 AM Eastern Time

MOORESVILLE, N.C.--(EON: Enhanced Online News)--Lowe's Companies, Inc. announced today it will expand its support of the military by offering an all day, every day 10 percent discount to all military personnel who are active, reserve, retired or disabled veterans and their family members, with a valid, government-issued military ID card.

"The year-round discount program is one way we are reaffirming our commitment to the thousands of men and women who are serving throughout the world, as well as their family members at home."

All other military veterans will receive the discount on the Memorial Day, Fourth of July and Veterans Day weekends.

"Lowe's was founded on the heels of World War II by veterans Jim Lowe and Carl Buchan and has always been a supporter of the military," said Larry D. Stone, Lowe's president and chief operating officer. "The year-round discount program is one way we are reaffirming our commitment to the thousands of men and women who are serving throughout the world, as well as their family members at home."

The discount is available on in-stock and Special Order purchases up to \$5,000. Excluded from the discount are sales via Lowes.com, previous sales, and purchases of services or gift cards.

While Lowe's has had a military discount program in the past during select times of year, the new policy will allow those who are serving to benefit from the discount whenever they need it the most.

"What a great way to say thank you," said Sloan Gibson, president and CEO of the USO. "We salute Lowe's for the company's commitment to helping military personnel and their families who served and continue to serve our nation."

The USO was also selected as one of the beneficiaries of the Lowe's Employee Giving Campaign in January. This initiative allows Lowe's employees to donate directly from their paychecks to support those who are serving our country.

In addition to offering military discounts at specific times during the year, Lowe's has extended benefits for its employees serving in the military and offers employment opportunities to military personnel after their military service has ended. Currently, more than 12,000 Lowe's employees are military veterans or reservists.

Military families gain access to free, online tutoring

Jan. 26, 2010

By Elaine Wilson
American Forces Press Service

WASHINGTON - The Defense Department has launched a free, online tutoring service for servicemembers and their families. The site - <http://www.tutor.com/military> -- offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more.

Marine Corps and Army families have had access to the program for more than a year. Seeing the value, Defense Department officials decided to expand the service to encompass all servicemembers and their families, officials said.

"Providing 24/7 academic and career support for military families during a time when so many

parents have a deployed spouse has been an important and well-received benefit for Marine Corps and Army families," said Tommy T. Thomas, deputy undersecretary of defense for military community and family policy.

"We are pleased to expand this program to all U.S. military families and provide peace of mind that their children are never alone when it comes to learning - there is always a certified, professional tutor available to help," he said.

Active-duty servicemembers, National Guard and reserve personnel on active duty in a deployed status, Defense Department civilians in a deployed status and their dependents are eligible to participate, officials said. Along with test preparation, the site is open to students of any age - from kindergartners to high school seniors - for one-on-one help in math, science, social studies and English.

Many of these students, officials said, are making the most of the live, one-on-one help. "Thanks for having this service when our family is separated at this time due to deployments and training," a 6th grader of a Marine commented. "My father is unable to help one-on-one."

"I really appreciate this," another program participant, a 9th grader, said. "It really helps me understand my schoolwork. It's going to really help me ace my exams coming up! I am definitely going to use this very often."

Tutor.com's network includes more than 1,800 professional tutors and career specialists who have delivered more than 5 million one-on-one tutoring sessions since 2001, officials said. Each tutor is certified through the site, and all sessions are recorded for quality control.

Air Force FitFamily: Get Up! Get Out! Get Fit!...Together!

In conjunction with the start of the FitFamily initiative, the Air Force Services Agency has launched a family fitness website as part of the Year of the Air Force Family. FitFamily is a goal-incentive program and is open to all active duty, Reserve and Guard members, Department of Defense and civilian

families, retired military members, honorably discharged veterans with 100 percent service-connected disability, and former or surviving military spouses and their family members. To enroll in the program, families can log on to the USAF Fit Family website and click on "Register My Family." The system will send a password to each family member's e-mail.

<http://www.usaffitfamily.com/>

Tax Consultation and FREE On-line Tax Filing Services

Military OneSource is pleased to announce that beginning Monday, January 18, 2010, we will once again provide free tax consultation and free on-line tax filing services to military service members and their families during the tax season. As in the three previous years, participants will have free online access to the H&R Block At Home (formerly TaxCut) Basic tax product.

A brief overview of the program: Participants must register for Military OneSource and log on to the site for access to the H&R Block At Home (formerly TaxCut) Basic product. A separate logon for the H&R Block At Home (formerly TaxCut) site is required.

Those eligible for the program are active duty, Guard and Reserve (regardless of activation status), spouses and dependent children (authorized in DEERS), family members handling the affairs of a deployed service member, and severely injured service members or family members handling their affairs. Participants will have free access to the H&R Block At Home (formerly TaxCut) Basic product. Those with more complicated returns may incur charges if they upgrade to the H&R Block At Home (formerly TaxCut) Premium product.

Participants can file up to three state resident returns for each federal return that they file with the H&R Block At Home (formerly TaxCut) Basic product.

Participants can speak with a Military OneSource Tax Consultant if they have tax

related questions, or need assistance using the H&R Block At Home (formerly TaxCut) Basic product.

Find out more about the program by visiting the [Military OneSource Tax page](http://www.militaryonesource.com/home.aspx?aspxerrorpath=/skins/MOS/display.aspx) and our [FAQs](http://www.militaryonesource.com/MOS/FindInformation/Category/TaxFilingServices.aspx).
<https://www.militaryonesource.com/home.aspx?aspxerrorpath=/skins/MOS/display.aspx>
<http://www.militaryonesource.com/MOS/FindInformation/Category/TaxFilingServices.aspx>
<http://www.militaryonesource.com/default.aspx>

Sittercity

The Department of Defense is offering a new program to help all service members and their families. All Army, Marine, Navy, and Air Force families (active, reserve and guard) are now eligible for memberships to Sittercity, which are fully paid by the Department of Defense. Sittercity is the nation's largest and most trusted website for finding quality local babysitters, child care providers, nannies, elder care providers, dog walkers, housekeepers and tutors. Military families can now visit www.sittercity.com/dod <<http://www.sittercity.com/dod>> to activate their paid membership today.

The Sittercity program provides military families with instant access to over a million nationwide comprehensive caregiver profiles which include background checks, references, reviews, pictures and much more. Sittercity's proprietary matching technology helps families hand-select the perfect caregiver for their family. In addition, servicemembers and their families will be able to connect with Military Certified care-providers on Sittercity such as Family Child Care homes that are military subsidized and/or authorized access to a military installation.

2010 AFR/ANG Teen Leadership Summits

The Air Force Reserve and Air National Guard are thrilled to announce the dates and locations for this year's Teen Summits!

The AFR/ANG Teen Leadership Summits are open to all 14-18 year old dependent teens of current Air Force Reserve or Air National Guard members. Applicants will be

required to complete the 2010 AFR/ANG Teen Leadership Summit application for the session they wish to attend to include essay questions, Code of Conduct and transportation form.

The application deadline is 16 Apr 2010. Applications and instructions as well as applications for adult volunteers are located at the following website:
www.georgia4h.org/AFRANGTeenSummit

<<http://www.georgia4h.org/AFRANGTeenSummit>>.

Teen Summit Dates and Locations include-

Classic Summit, 13-18 June 2010 - Wahsega 4-H Center, Dahlonega, GA

Attendees will be flown into Atlanta-Hartsfield International Airport. This Summit will focus on developing an awareness of programs and services available to AF Reserve and Air National Guard dependents. Activities include high/low ropes course, rock climbing, white water rafting, hiking, environmental education and leadership classes.

Survival Summit, 20-25 July 2010 - Colorado Youth Programs, Boulder, CO

Teens must have attended a previous AFR/ANG Teen Leadership Summit to apply for this camp-attendance is limited to 36 teens. Attendees will fly into the Denver International Airport. This Summit begins at base camp where teens will have a day to prepare for the expert-led three day, two night survival experience.

Adventure Summit, 10-15 August 2010 - Cheley Camps, Estes Park, CO

Attendees will be flown into Denver International Airport. In this beautiful and majestic setting, teens will have the opportunity to choose from daily activities such as Rocky Mountain hiking, horseback riding (western), colts (where campers learn what is involved in training horses) backpacking, mountain biking, technical climbing, archery and low ropes challenge course.

If you have a teen interested in the summit, please contact Amanda Wicker at 515-256-8786 or via email at Amanda.wicker@ang.af.mil.

Taking care of caregivers

Release No. 011
Jan. 22, 2010

By Maj. Belinda Petersen
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas – Deployments are a way of life in today's Air Force. Accordingly, Air Force members plan ahead and anticipate all contingencies while they are deployed.

One plan that is required by all Air Force members with families is a family care plan that reasonably covers all situations, short and long term. Civilian and contractor personnel in emergency essential positions are also strongly encouraged to establish family care plans.

The only personnel who are required to develop a written plan are single military parents, dual military couples with family members, and military members with civilian spouses who have unique family situations. Written family care plans are maintained by the commander or first sergeant.

When developing these plans, caregivers are identified and agree to take care of family members during the sponsor's absence. But who takes care of the caregivers when a family care plan goes into effect? There are several resources a caregiver can turn to for support.

The first step is the military sponsor. Airmen are responsible for taking care of their caregivers by providing them with everything necessary to care for their dependents, including powers of attorney and paperwork allowing base, commissary, medical and base exchange privileges. Airmen should also establish an allotment for the caregiver and ensure dependents younger than 10 have a special identification card.

"As a commander's program, it is ultimately an individual Airman and their unit's responsibility to maintain updated family care plans in order to support and maintain family readiness," said Brenda Liston, chief of Airman, Family, Wounded Warrior, and Community Operations at the Air Force Personnel Center here.

"The Airman or caregiver can always see their first sergeant if they have any questions or need help," said Senior Master Sgt. Brian Posten, AFPC first sergeant. "We are here to assist or direct them to the right agency."

Another resource is the Airmen and Family Readiness Center at each base. A&FRC staff members support caregivers by conducting pre-deployment briefings and ensuring that a comprehensive list of where to find resources is provided to Airmen and their designated caregivers. They provide sustainment programs, resources and services that are also available to caregivers. Additionally, Military Family Life Consultants at A&FRCs provide face-to-face consultation for deployment support issues. Caregivers can use the MFLC for support of dependents in their care and their personal support while being a caregiver.

In addition to these resources, there is a wealth of information found on the Internet.

One site is Military One Source. Consultants are available 24 hours a day, seven days a week, on the Web at <http://www.militaryonesource.com> and by calling toll-free (800) 342-9647. Military One Source is a free service provided by the Department of Defense for active-duty, Guard and Reserve members and their immediate family members. The service is completely private and confidential, with few exceptions.

"Immediate family member is defined as the spouse and children of the service member. In addition, anyone, blood relative or not, who has legal responsibility for a service member's child or children during deployment or separation from the family may use these services," said Arthur J. Myers, principal director of Military Community and Family Policy, Office of the Secretary of Defense. "Services include face-to-face counseling, short-term telephonic consultation, E-consultation, health coaching

sessions, webinar training participation, document translation, and telephonic translation.”

Another resource is MilitaryHOMEFRONT at <http://www.militaryhomefront.dod.mil>. “Non-medical counseling is available to help with issues developing from a parent’s absence,” said Mr. Myers. “MilitaryHOMEFRONT contains excellent information about preparing for deployment in the ‘Troops and Families’ section of their Web site. The pre-deployment guide is full of information and resources, or if an online handbook is more convenient, the Web-based ‘Deployment Connections’ is also available.”

Earlier this year, Air Force Chief of Staff Gen. Norton Schwartz and Secretary of the Air Force Michael Donley designated July 2009 to July 2010 as the Year of the Air Force Family, a year-long focus on Air Force programs highlighting the importance of and commitment to the entire Air Force family.

“Taking care of families is a solemn promise we make to each Airman and family member,” said Secretary Donley during his remarks to the Air

Force Sergeants Association in August. All Airmen should have the confidence that they can rely on their fellow wingmen and the Air Force to help care for their families when they are deployed.

For general questions on family care plans or other personnel programs, contact the Total Force Service Center at (800) 525-0102.

***Pick up the phone if you are experiencing an emotional crisis and need to talk to a trained VA professional. You’ll be immediately connected with a qualified caring provider who can help.
1-800-273-TALK (8255)***

If you no longer wish to receive this newsletter please contact Amanda Wicker at 515-256-8786 or by email at Amanda.wicker@ang.af.mil

Tenative Meeting dates for FY 10

7 March at 1:30pm

11 April at 1:30pm

No meeting in May (Family Day)

13 June at 1:30pm

No meeting in July

No meeting in August (ORE Prep)

12 September at 1:30pm

No meeting in October (ORI)

NOTE: Dates/times may change; be sure to check the family readiness newsletter for the most current information.



*132d FW Family Day at
Living History Farms
2 May 2010*

Unplug and reconnect with America's heritage and the 132d Fighter Wing
Airmen and Families

Tickets:

Ages 2 and under- Free
Ages 3-12- \$4
Ages 13-60- \$8
Ages 60 and up- \$7

Park Hours:

12:00pm-5pm

Location:

11121 Hickman Rd, Urbandale, IA
50322

www.livinghistoryfarms.org

Schedule of Events:

11:30am- Airmen released from work area
12:00-1:00pm- Lunch served by VFW Post #9127
12:30pm- Welcome from Col Hammond
12:45pm- Self Guided Tour through farm
2:00pm- Baseball game – Living History Farms vs 132d FW
3:00pm- 132d FW Baseball game



Until Every One Comes Home.®

**Tickets will be available for purchase 6 March-1 May in the Family
Readiness Office Bldg 107.**

Families are welcome to bring their own lawn chairs, snacks, and coolers to the farm, and leave them in the picnic area while on the tours. Be sure to stop by the Mobile USO near the picnic area for goodies.

Smoking and Alcoholic Beverages are prohibited on the property

**Year of the Air Force
Family**



NEW 132d FW SHIRTS

SHIRTS AVAILABLE IN NAVY BLUE ONLY

Adult Sizes: S, M, L, XL, XXL, XXXL

Adult Long Sleeve T-shirts: \$15 (add \$2 for XXL and XXXL)

Adult Hooded Sweatshirt: \$25 (add \$3 for XXL and XXXL)



Front Design



Back Design



Sleeve Design

100% of sale profits are used to provide programs and activities for 132d FW members and their families.

Shirts are available for purchase in the Family Program Office (BLDG 107, room 101).

Cash and Checks are accepted. Make checks payable to 132d FW Family Readiness. Thank you for your support!!!